

PRODUCT INFORMATION:

Two capsules typically provide:

		%RDA*
Thiamin (vitamin B1)	25mg	2273
Niacin (vitamin B3)	40mg NE	250
Vitamin B6	20mg	1429
Folic acid	100µg	50
Vitamin B12	10µg	400
Pantothenic acid (vitamin B5)	90mg	1500
Tyrosine	430mg	
Glutamine	500mg	
5-HTP (L-5-hydroxytryptophan)	90mg	
Tri-methyl glycine	220mg	
Lemon balm	50mg	

*RDA = Recommended Daily Allowance

INGREDIENTS:

L-glutamine, L-tyrosine, betaine monohydrate, capsule: hydroxypropyl methylcellulose (carrageenan)*; calcium d-pantothenate, L-5-hydroxytryptophan, lemon balm (melissa officinalis), niacin (as nicotinamide), thiamin HCl, pyridoxine HCl, anti-caking agent: magnesium stearate*; anti-caking agent: silicon dioxide; folic acid (as pteroyl glutamic acid), methylcobalamin. *(vegetarian source)

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, corn, dairy products, gluten, lactose, maize, salt, soya, starch, sugar, wheat, yeast.

Suitable for vegetarians and vegans.
This product is not tested on animals.



higher nature



POSITIVE OUTLOOK WITH B VITS & AMINO ACIDS

ULTIMATE NUTRITION

FOOD SUPPLEMENT

180
capsules

POSITIVE OUTLOOK

- ✓ Vits B6, B12, Thiamine & Niacin support normal function of the nervous system.
- ✓ Vits B6, B12, Niacin, Folate & Pantothenic Acid support normal psychological function and help reduce tiredness & fatigue.
- ✓ Vitamin B6 helps regulate hormonal activity.

DIRECTIONS:

Adults take 2 capsules once or twice a day, children over 6 years, 1 a day, on an empty stomach, or as your health professional advises. Do not exceed recommended daily intake.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

WARNING:

Not advisable if pregnant or in cases of melanoma, schizophrenia, high blood pressure, or if taking fenfluramine, or MAO inhibitor drugs and exercise care if taking SSRIs. Rarely, digestive discomfort can occur which usually disappears by reducing the intake. Can cause drowsiness in sensitive individuals; do not drive or operate machinery if affected. Long-term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

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